



**Bio for Introduction:
Cathy Carothers, BLA, IBCLC, FILCA**



Cathy Carothers is co-director of EVERY MOTHER, INC., a nonprofit organization providing counseling and lactation training for health professionals across the United States. An experienced trainer and speaker, she has provided more than 350 training events in nearly every U.S. State and several foreign countries, and is the lead author and project director for USDA's national staff training curriculum entitled, *Using Loving Support to Grow and Glow in WIC*.

Cathy is President of the International Lactation Consultant Association July 24, and just completed a 6-year term as ILCA's Director of Marketing. She was recently named a Fellow of ILCA, and has been an International Board Certified Lactation Consultant since 1996. She also serves as Media and Public Relations Chair for the United States Breastfeeding Committee.

She is a former university public relations director, and got her start in the lactation field as a peer counselor for the Mississippi WIC Program. She went on to become the State Breastfeeding Coordinator in Mississippi, coordinating the state's comprehensive peer counseling program and breastfeeding ad campaign that earned them the "National WIC Award." She also served as Training and Outreach Coordinator for Best Start Social Marketing, where she spearheaded several national breastfeeding programs for USDA, CDC, and the Maternal and Child Health Bureau, including the national "Business Case for Breastfeeding" project.

Cathy is married to a United Methodist minister, and is the mother of 5 healthy breastfed children, now ages 18 to 29.